



## Pre-Surgery Checklist

### **The Week Before Your Procedure:**

- ① Make sure you have a downstairs place to sleep
- ① Check home for fall risks (loose cords, rugs, items in walk ways)
- ① Choose your therapy provider and notify your surgeon
- ① Prepare and update your medication and allergy list
- ① Discontinue aspirin/NSAIDs
- ① Discuss stopping blood thinners with your provider

### **24-48 Hours Prior to Procedure:**

- ① Stop smoking
- ① Discontinue multivitamins and herbal supplements
- ① Shower with Hibiclens
- ① Call your provider if you have developed cold symptoms, sore throat, fever or other signs of infection
- ① Remove nail polish
- ① Make arrangements for a driver home
- ① Pack overnight bag including bathrobe and comfortable clothing to wear at discharge (additional items may be necessary if transferring to another facility)

### **Day of procedure**

- ① Do Not Eat after midnight, this includes chewing gum, mints, hard candies, tobacco products
- ① Shower with Hibiclens
- ① No perfumes, lotions, aftershave, deodorants, cosmetics
- ① Take necessary medications with a sip of water
- ① Remove all jewelry (including body piercings)
- ① Leave all valuables at home (including electronic devices)
- ① Bring photo id, insurance card and medications